

AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listings of claims in the application.

LISTING OF CLAIMS

1. (Currently Amended) A method of applying therapy with a therapeutic device, the therapeutic device including a container having a pocket on an outer surface of the container, a hot/cold gel within the container, and a member removably positioned within the pocket, the member having at least one light source capable of emitting therapeutic light and at least a portion having a non-ambient temperature, the method comprising applying ~~the non-ambient portion of~~ the therapeutic device to a user's body with the light source directed to emit therapeutic light generally toward the user's body for applying at least one of heat therapy, cold therapy, and therapeutic light to the user's body.

2. (Original) The method of claim 1, wherein the method includes using the therapeutic device to generally simultaneously apply therapeutic light and one of heat or cold therapy to the user's body.

3. (Original) The method of claim 1, wherein the therapeutic device includes a massager, and wherein the method includes activating and applying the massager to the user's body.

4. (Currently Amended) The method of claim 3 ~~[[1]]~~, wherein the method includes using the therapeutic device to generally simultaneously apply massage therapy, therapeutic light, and one of heat or cold therapy to the user's body.

5. (Currently Amended) The method of claim 1, wherein the method includes removing the member having the light source from the pocket, heating

the ~~therapeutic device~~ hot/cold gel within the container, and repositioning the member having the light source within the pocket prior to applying the therapeutic device ~~non-ambient portion~~ to the user's body.

6. (Currently Amended) The method of claim 1, wherein the method includes removing the member having the light source from the pocket, cooling the ~~therapeutic device~~ hot/cold gel within the container, and repositioning the packet within the pocket prior to applying the therapeutic device ~~non-ambient portion~~ to the user's body.

7. (Original) The method of claim 1, wherein the method includes activating the light source to apply therapeutic light to the user's body.

8. (Currently Amended) The method of claim 1, wherein the device comprises an attachment device, and wherein applying the therapeutic device ~~non-ambient portion~~ to a user's body includes using the attachment device to attach the therapeutic device to the user's body.

9. (Currently Amended) A therapeutic device comprising a container including a pocket on an outer surface of the container, a[[n]] non-electrical agent within the container for applying at least one of hot therapy and cold therapy, and a member including at least one light source for emitting therapeutic light, the member being sized to be positioned within the pocket.

10. (Currently Amended) The device of claim 9, wherein the non-electrical agent comprises a hot/cold gel.

11. (Original) The device of claim 9, wherein the device further comprises a massager coupled to the container.

12. (Original) The device of claim 9, wherein the light source emits at least one of infrared light and near-infrared light.

13. (Original) The device of claim 9, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

14. (Original) The device of claim 9, wherein the light source comprises a plurality of LEDs.

15-17. (Cancelled)

18. (Original) The device of claim 9, wherein the container includes at least one externally flexible portion coupled to a switching device such that movement of the flexible portion switchably connects the light source to a power source.

19. (Original) The device of claim 9, further comprising an attachment device for attaching the device to a user's body.

20. (Original) The device of claim 19, wherein the attachment device comprises an adhesive bandage strip coupled to the container.

21. (Currently Amended) A therapeutic device comprising at least one light source for emitting therapeutic light, a hot/cold gel pack, and an adhesive bandage strip for attaching the device to a user's body with the light source directed to emit therapeutic light generally towards the user's body and with the hot/cold gel pack positioned to apply hot or cold therapy to the user's body.

22. (Original) The device of claim 21, wherein the light source emits at least one of infrared light and near-infrared light.

23. (Original) The device of claim 21, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

24. (Original) The device of claim 21, wherein the light source comprises at least one LED.

25-34. (Cancelled)

35. (New) The method of claim 1, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers, and wherein the method includes activating the LEDs to apply therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

36. (New) The device of claim 9, wherein the device is packaged in a vacuum-sealed package, and wherein the non-electrical agent is configured to generate one of heat or cold when the package is opened thereby exposing the device to air.

37. (New) The device of claim 9, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

38. (New) The device of claim 21, wherein the at least one light source comprises a plurality of LEDs for producing therapeutic light at two or more different wavelengths including 680 nanometers, 730 nanometers, and 880 nanometers.

39. (New) A therapeutic device comprising a first container, a second container within the first container, first and second agents within the respective first and second containers such that breaking the second container allows the first and second agents to chemically react to produce chemiluminescent therapeutic light.

40. (New) The device of claim 39, wherein the second container is a glass vial.

41. (New) The device of claim 39, further comprising means for applying hot/cold therapy.

42. (New) The device of claim 41, wherein the device is packaged in a vacuum-sealed package, and wherein the means for applying hot/cold therapy is configured to generate one of heat or cold when the package is opened thereby exposing the device to air.

43. (New) The device of claim 39, further comprising an agent for applying at least one of hot therapy and cold therapy.

44. (New) The device of claim 43, wherein the device is packaged in a vacuum-sealed package, and wherein the agent is configured to generate one of heat or cold when the package is opened thereby exposing the device to air.

45. (New) The device of claim 39, further comprising a hot/cold gel within the first container.

46. (New) A therapeutic device comprising a member including at least one light source for emitting therapeutic light, a hot/cold gel pack configured in a generally annular shape having a central opening, the central opening sized to

frictionally receive the member having the at least one light source so as to form an interference fit therewith.

47. (New) The device of claim 46, further comprising a massager, and wherein the hot/cold gel pack is removably attached to the massager.